

ABSTRACT

The present invention relates to a method of treating or preventing obesity, overweight,
5 fluctuations in blood insulin levels and/or fluctuations in blood glucose levels in
mammals. The method according to the invention comprises the enteral administration to a
mammal of an effective amount of a preparation containing an enzyme capable of
converting an ingested carbohydrate or digestion product thereof into one or more
absorbable components, wherein the total metabolic caloric value of the absorbable
10 component(s) is less than the metabolic caloric value of the ingested carbohydrate or
digestion product thereof. Thus the present invention effectively provides a method that
allows complete digestion of ingested digestible carbohydrates whilst at the same time
reducing the actual metabolic caloric value of said ingested carbohydrates.

Another aspect of the invention relates to a pill for oral administration provided with an
15 enteric coating and containing 25 to 10.000 IU glucose isomerase per gram.